



Issue 96

News For All Seasons

July 2018

Wayne County Area Agency on Aging



Pictured left to right:
Lauren Janusewski, Maggie Hicks and Leigh Washington
at the Pennsylvania State Capitol for 2018 World Elder Abuse Awareness Day Event
on June 15, 2018.

PA FIRSTS:
First Capital of the United States was York

PA SYMBOLS
*State Animal:
Whitetail Deer*



TAI CHI -
A celebration of appreciation for Mike Liuzzo on behalf of his students.
Celebration included coffee/tea/cheesecake after presentation (see page 5)



<p>2. Vegetable Lasagna, Meatballs Side of marinara sauce Spring Mix, Shredded Carrots Sliced cucumbers (rind on) Balsamic Dressing, HB: Roasted Broccoli, Chilled apricots</p>	<p>3. All beef frankfurter on a WW Roll, 1/2 cup of beef chili on top Red Onion Slices, Baked Beans, Farm Fresh Corn on the Cob HB: Sweet Corn Kernels Seasonal Fresh Melon Slice HB: Chilled peaches and pears</p>	<p>4. THE CENTER IS CLOSED TODAY</p> 	<p>5. Sweet and Sour Pork Cantonese, Fluffy Brown Rice Grilled asparagus, drizzled with olive oil & fresh ground pepper Chinese Stir-Fry Veggies Chilled pineapple chunks</p>	<p>6. Taco soup Chicken Enchilada Casserole Shredded lettuce Salsa, Chick Peas, black beans & cannelloni beans marinated in Italian Dressing and fresh parsley, Grilled Plantains</p>
<p>9. Pulled Pork on a WG Pretzel roll Broccoli Salad HB: Roasted Broccoli Baked sweet potato Seasonal fresh melon slice HB: Mandarin orange slices</p> 	<p>10. Open Face Roast Beef Sandwich with Gravy on WG Bread Fluffy Whipped Potatoes Snappy Green Beans Chilled Pear Chunks</p> 	<p>11. Lemon Pepper Fish WG Noodles, sautéed In butter & caramelized onion Roasted Zucchini Roasted Summer Squash Beaming Bananas HB: Chunky fruit cocktail</p> 	<p>12. Sheperd's Pie Sautéed spinach in garlic and olive oil WG Breadstick Adoring apricots</p>	<p>13. BBQ Chicken legs, Home Fried Potatoes, Spring Mix, Shredded Carrots, Cherry Tomatoes, Balsamic Dressing, HB: Wild Wax Beans, Macaroni Salad, HB: WG roll/butter, Fresh strawberries over shortcake/ whipped cream, HB: Use frozen, sliced strawberries</p>
<p>16. Creamy tomato/basil soup LS Ham & LS cheese on a WG Croissant, Roasted Cauliflower Sliced cucumber & Red Pepper Spears (rind on), HB: Roasted carrots, Pineapple chunks</p>  	<p>17. Chicken and Dumplings Parslied Buttered Potatoes Luscious Lima Beans Fresh Peaches and Chilled Peaches (HB)</p> 	<p>18. Tuna Salad in a WG Pita Pocket, Romaine Lettuce Cup, Thinly sliced tomatoes, Carrot Salad, HB: Mediterranean Fish Couscous (WG), Roasted Butternut Squash, Perky Peas, Gigglin grapes, HB: Pink grapefruit slices</p>	<p>19. Pork Chops/natural juices, Smashed sweet potatoes Oven roasted beets/olive oil & fresh ground black pepper WG roll/Butter Baked apples with cinnamon</p> 	<p>20. California Burger, Avocado Romaine Lettuce cup, Red Onion WG Pretzel Roll, Roasted petite red potatoes, Cabbage salad in an oil and vinegar dressing HB: Roasted Brussel sprouts, Seasonal fresh melon wedge Or Golden raisins (HB)</p>
<p>23. Honey Mustard Salmon Baked Sweet Potato Garden Sweet Peas WG roll with butter Bing cherries</p> 	<p>24. WG Macaroni and cheese Stewed tomatoes Roasted Broccoli Beaming Bananas HB: Chilled Pears</p>	<p>25. Tuscan style Roasted chicken with basil, white beans and tomatoes Risotto, Roasted Zucchini Italian Green Beans, Fresh nectarines, HB: Stewed Prunes</p>	<p>26. Beef burgundy with WG Noodles Roasted Brussel sprouts Roasted red beets Beaming bananas HB: Chunky fruit cocktail</p> 	<p>27. Ham and Potato Casserole Yellow Squash and plum tomatoes with a hint of parmesan cheese, Cran-Orange Relish, WG rolls with butter, Seasonal fresh melon slice, HB: Chilled pears</p>
<p>30. Sloppy Joe on a WG Roll Parslied Buttered Potatoes Marinated Vegetable Salad HB: Snappy green beans Fresh strawberries with a dollop of whipped cream HB: Pink grapefruit slices</p>	<p>31 Chicken Scaloppini Scalloped potatoes Roasted Asparagus WG Breadstick Chilled applesauce</p> 	 <p>ALL SERVED WITH ICE COLD MILK</p>		



CAREGIVER'S SUPPORT GROUP
WEDNESDAY, JULY 11
1:30 AT HONESDALE CENTER

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 ☆ **NORTHERN WAYNE CENTER** ☆
 ☆ **THURSDAY, JULY 5 AND JULY 19** ☆
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EVERYDAY AT THE HONESDALE CENTER

<u>Monday</u> 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 12-2 Advanced Class Line Dancing 2-4 Beginning / Intermediate Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00–4:00 Pinochle 	<u>Wednesday</u> 10:30 Exercise 10:30 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 3:00 Jazz Dancing	<u>Thursday</u> 10:00 Games 1:00 Cards 	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1 st & 3 rd)
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EVERYDAY AT THE HAMLIN CENTER

<u>Monday</u> Cards & Games 8:00-12 Pinochle 10:00 Chair yoga	<u>Tuesday</u> Cards & Games 10:30 Tai Chi 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise 1:00 Sing-Along	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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EVERYDAY AT THE HAWLEY CENTER

<u>Monday</u> Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong	<u>Tuesday</u> Cards & Games 8-3 Gym Equipment 1 - 2 Bingo 	<u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 12 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi 5:30 – 8:30 Mah Jong	<u>Thursday</u> Cards & Games 8-3 Gym Equipment 10:30-11:30- Wellness Chair Yoga (1 st and 3 rd) 1:00 Bingo 11 – 2:30 Card Club	<u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise
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June 15– Father’s Day Celebration Fathers enjoyed an ice cream social & door prizes. (see page 5)

June 20– Wayne Memorial Hospital Speaker Mallory George, dietetic intern, provided tips on how to prevent high blood pressure, avoid strokes and eating healthy.

July 3– “Walk with Ease” Program Continues - FREE

The Honesdale center continues its Walk with Ease Program on Tuesdays and Fridays at 1:00 p.m. Meet at the center for travel as a group to Honesdale’s Central Park. Staff member Marie Alexander, a Walk with Ease certified program instructor, facilitates the walk. Please call Marie @ 570-253-5540 to register.

July 4– The Center is closed in observance of the holiday.

July 6– Birthday Friday Is July the month of your birth? Come to the center to share birthday cake with all those born in July. Call Kathy at 570-253-5540 for a reservation.

July 13– Senior Picnic at the Wayne County Fairgrounds

This year’s picnic features a tropical theme with musical entertainment by “Elvis,” beginning at 11:00. Lunch is at noon; chicken is on the menu this year. Tickets are \$6 per person. Please see Kathy Robbins at the Honesdale center to purchase your tickets. Remember to call Transportation two days prior to reserve a ride to the fairgrounds.

July 17–MindMatters Video Lecture – *Shackleton’s Antarctic Adventure: The Greatest Survival Story of All Time* It’s 1914. Determined to become the first people to walk across the South Pole, Sir Ernest Shackleton and his men embark on their daring Antarctic adventure by sea. When their ship, The Endurance, is trapped and destroyed by ice, the British explorer and his group struggle to survive in the harsh frigid environment. Join us at 11:15 a.m. to hear about this incredible survival story.

This lecture series is produced by WTTF (a public television station located in Central Pennsylvania) and funded by the PA Dept. of Aging. The MindMatters program offers professional programming at no cost to senior community centers across Pennsylvania. Many topics are available for screening; please see Suzanne for the full list and/or to request a showing of other videos.

July 25– Pennsylvania Association for the Blind – Glaucoma Screenings

Denise Colder of the PA Association for the Blind will be here at 10 AM to do Glaucoma screenings free of charge.

Andy Anderson Plays and Sings

Andy Anderson will be here in the morning to sing and entertain us on the keyboards and horn.



**July 30– Craft Class - FREE**

This month's craft will be mason jar night lights. Please come; call Suzanne by July 23 at 570-253-5540 to register. (No charge for class or materials.)

August 1- Katrina Boyer of Pennsylvania State Banking Association

Katrina Boyer will provide information on how to avoid bank fraud & ways to keep your money safe.

Lending Library

The center has many books, audio books on cassettes and CDs, as well as VCR and DVD films to lend. Stop down and see what is available. In addition, a collection of magazines and puzzles are available to take home.

Mahjong Group – Every Wednesday

Have you considered learning the ancient Chinese tile game of Mahjong? A group meets weekly on Wednesdays at 1:00 p.m.; beginners welcome. (FYI the center has a Mahjong set to lend on Wednesdays.)

**TAI CHI Recognition for Mike Liuzzo (seep page 1)**

**FATHERS'
DAY!**

Pictured above:
Bob Blum, Stu Skinner, Lenny Silber-
berman, Bernard Derrick, Vin-
cent D'Anostino,
Aaron Haviland, Jim Byrnes,
Bob Giannella, Mike Hegedus.
All Dads rec'd a gift!

HAMLIN JULY UPCOMING EVENTS

July 3rd - Patriotic Day - (Wear your Red, White and Blue) Enjoy a Chili Dog Lunch and RW&B Shortcake with Patriotic Bingo!

July 13 - July Birthday Bash - Celebration of all Hamlin Seniors born in July!

July 18 - Sand Art Candle - Make your own candle using colored sand, votives, and candles. Bring your imagination!

July 20 - Annual Picnic at Lake Genero- 11 AM - 1 PM Come enjoy the "Hawaiian Splendor" theme along with great food, entertainment by "Elvis", great food, games & prizes!! Tickets are available for \$6 a person & reservations must be in by July 13th.

July 31 - Katrina Boyer - Topic: SCAMS & ID THEFT. Sharing at 11 AM. The speaker will help you become alert to the latest scams targeted at Seniors.

Karl Angermeier

July 1

Gerald Ward

July 4

Albert Fritz

July 12

Gloria Czubowicz

July 16

John Falcone

July 20

Harriet Falcone

July 20

James Neuman

July 21

Anna Spear

July 25

Rose Camilleri

July 26

Kathryn Bohl

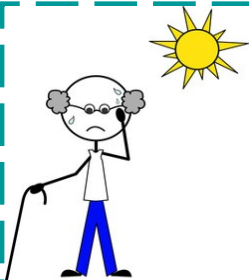
July 29

Sharon Lilley

July 31



On June 1, 2018 the Hamlin Senior Center enjoyed the beautiful sounds of the Black Bear Conservatory Women's Group. They were very excited to share the songs that were to be performed for their concert held in Hawley the following day. It was a very upbeat and joyful performance from the group.



“10 Signs and Symptoms of Heat Stroke”

This is the time of year we need to take precautions, hydrate ourselves, and become educated to the signs of heat stroke to help ourselves and others.

1. **Incredibly Hot Skin** – Incredibly hot skin, red skin, is one of the most popular signs of a heat stroke. If your skin is hot to the touch and you have an internal temperature of 105 degrees or higher you will need to see your doctor as soon as possible.

2. Dizziness and Fainting – In addition to the internal temperature greater than 105 degrees, dizziness and fainting are the next common symptoms of a heat stroke. If you have spent a lot of time in the sun and have these symptoms contact your doctor immediately.

3. Extreme Fatigue – If you are experiencing some of the other symptoms on this list along with extreme fatigue it may be a sign of a heat stroke. It is always best to seek help to ensure the heat exhaustion hasn't progressed into a heat stroke.

... Continued on page 8

**Dick – “Best of Show”**

The Hamlin Senior Center facilitated their very first Car Show on Friday, June 15th, in honor of all our Senior Center fathers! It was a small group of nine classic cars to start us off this year and everyone had fun picking out their favorite cars. We celebrated with DJ Mike from Strausburger’s Entertainment!

They also enjoyed Root Beer floats to correlate with the 50’s theme. Many passing by dropped in and participated in the judging of the cars and purchased ala cart hot dogs while enjoying the entertainment and the beautiful day!

Father’s Day Celebration Car Show

**Gary – “Senior’s Choice”**

Tai Chi Mania!

Mike Luizzo has been a wonderful teacher and instructor.

Many have benefited from his special Tai Chi venue.

His free sessions conclude on 7/3/18. Thank you Mike! We look forward to what the future may bring.



A THOUGHTFUL GIFT TO THE HAMLIN SENIOR CENTER AND SURROUNDING COMMUNITY

A young senior, Travis Durkin, had a special idea for his Senior Project. This project was required from the Western Wayne School District and Travis decided to build a library box for the community to use. This is a popular activity done in many other communities across our nation but hadn’t yet been realized in Hamlin. The idea is to drop off a book and grab one. The more popular the books the more active the “Little Free Library” will be! Thank you Travis!





HAWLEY NEWS

beautiful festi-
menu this
or shine and don't
up your tickets at the
Events happening at the
2nd from 10am to noon.

Hello Everyone. We have a lot to talk about this newsletter,. Let's start with our plans for our Annual picnic. As you know we are having it again at Lake Genero with the Hamlin center. Our entertainment this year is no other than Elvis AKA Jeff Krick with a Hawaiian theme. Be ready for all the activities, and wear your appropriate Hawaiian attire. Chicken is also on the year. \$6.00 is the donation for the picnic. See you under the pavilion rain forget to let us know ahead of time if you plan to attend. You can pick office or at the door. Thanks in advance.

Events happening at the center for the month of July are: Farmers Vouchers Monday July Please bring proper identification with you. Tuesday the 3rd we will be celebrating 4th of July with a picnic lunch. Wear your Red, White and Blue. We are closed on the 4th to honor our Declaration of Independence which took place in 1776. Tuesday July 17th, starting at 10:30, we have Janene Holter who will be speaking about the Top 10 Scams. The AARP driver refresher course will be held on Wednesday July 25th from 1:00 pm to 5:pm. Call Honesdale at 570-253-4262 to make your reservation.

Just some news from the month of June - We are planting outside in our colorful flower boxes. One of our senior's son made and donated the boxes. Then a nice gentleman from the Hamlin Center painted them for us. Thank You both for your time. Also thanks to my husband for putting them together for me. Hopefully our harvest will be plentiful. We had a good turnout for our Father's Day celebration with entertainment, good food, great company and an array of snacks.



Our July Birthday's are: Tom Bates, Jeanne Smack, Joann Thurgood, Pablo E. Ocampo, Al Guzzo, Jean Pollaro, Josephine Tramutola, Hele- ne Parker, Paul McConnell, Barbara Tscher, Frank Darling and John Wanat. Happy Birthday to you all!



4. Nausea – Nausea is another indication that your heat exhaustion has progressed into a heat stroke. An uneasy feeling in your stomach (especially combined with dizziness) may mean your condition is worse than you originally thought. Drink lots of water to help the nausea and contact your doctor.

5. Vomiting – Vomiting is a definite sign of a heat stroke. It is critical to seek medical attention immediately and try to drink water on your way to seeking help.

6. Rapid Heartbeat – A rapid heartbeat in the sun can be an indication of a serious problem especially if combined with any of the other symptoms. Seek medical attention. When it comes to your heart you don't want to take any chances.

7. Mental Confusion – Mental confusion is often a symptom, especially accompanied with dizziness. If you are having difficulty thinking, remembering, or focusing seek medical help as soon as possible.

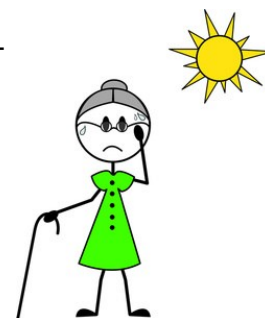
8. Seizures – Seizures are a very serious symptom of a heat stroke. This symptom often presents itself abruptly. Hospitalization is needed.

9. Lack of Sweating – During heat exhaustion you will feel hot and perspire a lot, however during a heat stroke the body will not produce sweat despite feeling incredibly hot.

10. Severe Headache – If you have a severe headache combined with at least one other symptom on this list you need medical assistance immediately.

Submitted by: Becky Klepadlo

Editorial by Emily Lockhart





NORTHERN WAYNE NEWS

Lunch menu for July: July 5 – Chicken salad sandwich and bean salad, pineapple chunks for dessert. July 19 - Tuna with lettuce in pita bread and tomato carrot salad, apple slices for dessert.

Two great speakers are coming up. On July 19, Janine Holter from the PA Attorney General's office will be the speaker. Please note that on August 2 Katrina Boyer from the US Banking Association will speak.

Please call Marie at 570-253-5540 to make reservations.

Grief Support at Wayne Memorial Hospital

A free support group designed to help people cope with the grieving process will be offered at Wayne Memorial Hospital. The six-week session will provide support and focus on grief as a normal part of an individual's transition through life. The sessions will be held Tuesday evenings from 6:00pm until 7:00pm from July 17th through August 21st in Conference Room #4 on the second floor of Wayne Memorial Hospital, 601 Park Street, Honesdale.

The group will provide a safe place in which individuals can sort out their feelings and share as they are able and willing. No one will be required to share. Your experience will be enhanced by attending all sessions; however, it is understandable if you cannot attend some. You may enter or exit at any time. **Participants are asked to complete a registration form, which can be found at www.wmh.org**

For more information, email edwardkerb@aol.com.

2018 PA SENIOR GAMES



FOREVER YOUNG - FOREVER SPORT

Over 50 Sporting Events will take place during the 2018 "Olympic Style" Sports Festival with the majority of events taking place throughout Luzerne County during the week of July 26 - 30, 2018. Not only will you be able to compete for Gold/Silver/Bronze medals, but the event will also allow athletes the opportunity to qualify for the National Senior Festival which will be hosted in Albuquerque, NM June 14-25, 2019. For more information, visit :

Www.premiersportingevents.com



Wayne Co Public Library presents the following programs at 1406 Main Street, Honesdale:

1. Golden Crane Exercise System on Wednesdays, July 11, July 18, and July 25 from 3:30 to 5:00. Relaxing exercise with soothing music designed for age 55 to 100 presented by Sensei Davy Jones. Dress comfortably. Chair Exercise.

2. Summer Art Workshops with Debby Pollak:

Wednesday, July 25 from 5:30 to 6:30 Color, line, shape, pattern, texture--these are all building blocks of a work of art. Sometimes artists make paintings that are about the elements themselves. These are called abstractions. Join us for an abstract workshop. (There is \$5.00 fee for supplies for each art class.)

Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org to register.



Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

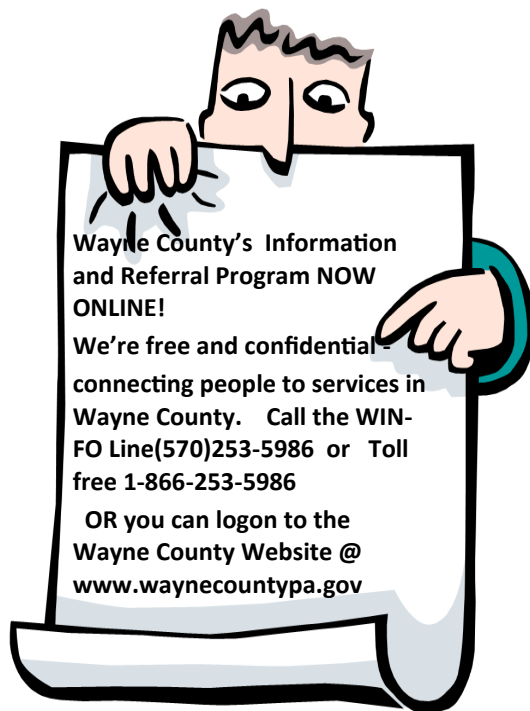
Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart satellite @ St. Mary's Rectory at 262 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

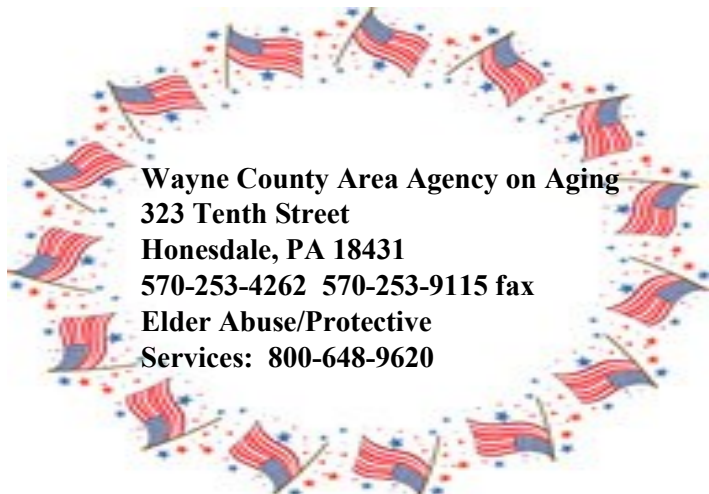
Wayne County Veterans Affairs Representative: Honesdale 314-10th Street, 9-4, Monday through Friday. For more info please call: 570-253-5970, Ext. 3114.



The Wayne County Adult Day Service is open Monday – Friday. To contact the center please call: 570-390-7388 in Hawley or 570-346-7860 in Scranton.



*Production Coordinator: Kathy Robbins
Menu Coordinator: Joanne Pesota
Editor: Kathleen Chicowski
kchicoski@waynecountypa.gov*



July 13 – Picnic at the Wayne County Fairgrounds
July 20 – Picnic at Lake Genero